

How to Stay Healthy and Avoid the H1N1 Swine Flu



Wash your hands often with soap and water or use a hand sanitizer with 60% alcohol.



Sneeze into a tissue, your sleeve, or your elbow. Do not cover your mouth with your hands.



Stay home when you are not feeling well.

**For more information go to
www.dhhs.nh.gov or call the
NH H1N1-Swine Flu Info Line**

1-888-330-6764 (toll free) 8:00 am – 8:00 pm

New Hampshire Department of Health and Human Services